

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC
POTATOES**

Red • Yellow • Russet

\$1.19/LB



**ORGANIC
CANTALOUPE**

\$1.49/LB



**ORGANIC
MINI PERSIAN
CUCUMBERS**

\$1.99/LB



Close to Home!

RECIPE
INSIDE



**FOOD
FAIR**
& PLANT SALE

20% OFF regular-price items
ALL DAY!

Free Veggie BBQ, Samples & Live Music
11AM-3PM
Food! Fun! Prizes!

**SATURDAY
MAY 2**

Organic Produce • On Sale 4/29-5/5

SHIRAZI SALAD



- 4 persian cucumbers (english cucumber may also be used), 1/2-inch dice
- 1 package cherry tomatoes, quartered
- 1/2 cup red onion, chopped
- 2 Tbsp picked dill, chopped (you can swap for your favorite fresh herbs, try cilantro, parsley, mint, or basil)
- 1 Tbsp olive oil
- 1 Tbsp golden balsamic vinegar (optional)
- 1 lemon, zest and juice
- 2 large cloves garlic, smashed and minced
- Salt and pepper, to taste

Toss together all ingredients in a large bowl. Taste, and adjust seasonings if desired. Cover and refrigerate for an hour or two to let the flavors get to know each other.

TOMATO PLANT STARTS NOW AVAILABLE!



Scan for more info!
lifesourcenaturalfoods.com/tomato-starts/

ORGANIC
WHITE GARLIC
\$5.99/LB



ORGANIC
HEIRLOOM TOMATOES
\$5.99/LB



Wholesum
ORGANIC
SNACKING TOMATOES
Darlings • Kaleidos • Popples
\$6.99/EA



12 OZ
PKG

Organic Produce • On Sale 4/29–5/5

ORGANIC
BARTLETT PEARS

\$1.99/LB



ORGANIC
MURCOTT MANDARINS

\$2.49/LB



ORGANIC
FUJI APPLES

\$1.89/LB



LIFESOURCE KITCHEN HOURS

8 AM - 8 PM

GRAB AND GO ANYTIME

do yourself a



SALAD

SCRATCH MADE AND
SERVED UP FRESH
EVERY DAY

RHUBARB GLAZED CHICKEN



Serves 2-4 servings

- ½ lb rhubarb, cut into 1 inch pieces
- 2 cups water
- ¾ cup rhubarb juice
- ¼ cup rice vinegar
- ¼ cup filtered sake
- 1 inch finger of ginger, minced
- 1 small shallot, minced
- 2 Tbsp honey
- 2 Tbsp mellow white miso paste
- 1 lb boneless skinless chicken breast, pounded to ½ inch thick

1. To make rhubarb juice, bring rhubarb and 2 cups of water to boil in a medium pot. Reduce heat to a simmer and cover, cooking for 20 minutes. Strain juice through a mesh strainer, pressing pulp with the back of a spoon to release all of it. Discard remaining pulp.
2. In a medium pot combine rhubarb juice, vinegar, sake, ginger, shallot, honey, and miso. Bring to a boil. Reduce heat to low and simmer for at least 30 more minutes, or until thickened and reduced. Remove from heat. Reserve a small amount of glaze for serving.
3. Broil or grill the chicken on high for 4 minutes. Flip, and brush with rhubarb glaze. Broil 6 more minutes, brushing with glaze twice more (every 2 minutes). Remove from heat and allow to rest 5 minutes before serving with the reserved glaze.



Silver Hills
ORGANIC BAGELS

Plain • Cinnamon Raisin
Sesame Sunflower

\$3.99

14 oz | Save \$3



Organic Valley
ORGANIC SHREDDED CHEESE

Italian Blend • Mozzarella
Mexican Blend

\$3.79

6 oz | Save \$2.70



Organic Valley
ORGANIC GHEE

\$10.99

13 oz | Save \$6



Bachan's
JAPANESE BBQ SAUCE

Your Choice

\$5.99

16.5-17 oz | Save \$4.50



Archer
GRASS-FED BEEF JERKY

Your Choice

\$4.49

2-2.5 oz | Save \$3.50



Annie's MAC & CHEESE

Select Varieties

2 FOR \$5

6 oz | Save \$2.49/ea



Dr. Praeger's VEGGIE BURGERS

Black Bean • Mushroom

\$4.49

10 oz | Save \$2.50



Beyond Meat BEYOND SAUSAGE

Hot Italian • Brat

\$5.99

14 oz | Save \$5



Charcutnuvo SAUSAGES

Apple Chicken
Italian Chicken

Pork Bison Jalapeño Bratwurst

\$6.49

10 oz | Save \$2.50



Smart Chicken ORGANIC BONELESS CHICKEN BREASTS

\$9.99/LB

Save \$1.50/lb

LONELY LANE FARMS

Third-generation farmers Mike and Patty Kloft run a 165-acre farm in Mt. Angel and lease 300 acres of grazing lands at the historic Mount Angel Abbey. This land provides space for the farm's animals to graze and roam freely, creating a great quality of life for the animals, a sustainable way of farming, and delicious, high quality meats for you.

DELI-SLICED PASTRAMI

Grass Fed and Finished

\$9.99

6 oz | Save \$1

Close to Home!

DELI-SLICED ROAST BEEF

Grass Fed and Finished

\$9.49

6 oz | Save \$1

DELI-SLICED HAM

\$6.49

6 oz | Save \$1



Over 1000 items on SALE! • 4/29-5/12



Purely Elizabeth
GRANOLA
Your Choice
\$5.99

8-12 oz | **Save \$4**



Van Leeuwen
ICE CREAM
Your Choice
\$4.99

14 fl oz | **Save \$3**



Chocolove
CHOCOLATE BARS
Over 20 Flavors!
2 FOR \$7

2.9-3.2 oz | **Save \$1.49/ea**



Pacific Foods
HEMP MILK
Original • Unsweetened
\$3.29

32 fl oz | **Save \$2.70**



Petit Pot
**CREAMY ORGANIC
POTS DE CRÈME**

Dark Chocolate • Vanilla
Pistachio

\$4.99

8 oz | **Save \$2**



Oatly
OATMILK
Original • Full Fat Original
\$3.99

64 fl oz | **Save \$2**



Noosa
YOGHURT
Raspberry • Blueberry
Lemon • Strawberry Rhubarb

\$1.99

8 oz | **Save \$1**



Larabar
FRUIT & NUT BARS
Your Choice
5 FOR \$5

1.6-1.7 oz | **Save \$1.49/ea**

BIG DEAL!



Once Upon a Farm
**ORGANIC
SMOOTHIE POUCHES**
Your Choice
\$2.29

4 oz | **Save \$1.50**



Siete
POTATO CHIPS

Your Choice

\$2.79

5.5 oz | **Save \$2.20**



Quinn
SEA SALT PRETZELS

Sticks & Twists

\$2.99

5.6 oz | **Save \$2**



Quinn
PRETZEL NUGGETS

Pizza • Peanut Butter
Peanut Butter & Jam

\$3.79

5.8-7 oz | **Save \$2.50**



Mary's Gone Crackers
**ORIGINAL
CRACKERS**

Original • Black Pepper • Herb

\$3.29

4 oz | **Save \$1.70**



Boulder Canyon
POTATO CHIPS

Your Choice

2 FOR \$6

5.25-6.5 oz | **Save \$1.49/ea**

WINE & CIDER DEALS



Vitae Springs Vineyard

PINOT NOIR

from Certified Organic grapes

\$29.99

750 ml | **Save \$3**

Willamette Valley



Bodegas San Valero

PLANO ALTO

Garnacha & Cariñena

\$12.99

750 ml | **Save \$2**

Cariñena, Spain



San Giorgio

PINOT GRIGIO

GARGANEGA

\$9.99

750 ml | **Save \$2**

Della Venezie, Italy



Domaine Bousquet

VIRGEN MALBEC

from Certified Organic grapes

\$11.99

750 ml | **Save \$2**

Tupungato, Valle de Uco,
Mendoza, Argentina



Bauman's Century Farm

LOGANBERRY CIDER

\$7.99

500 ml | **Save \$1**

Over 1000 items on SALE! • 4/29-5/12



Izze
SPARKLING JUICE
6-PACKS

Blackberry • Mango
Apple • Strawberry

\$5.99

6/8.4 fl oz | **Save \$4**



Vista Hermosa
FLOUR TORTILLAS

\$3.99

12 oz | **Save \$4.50**



Liquid Death
MOUNTAIN WATER

Still • Sparkling

\$1.29

19.2 fl oz | **Save 70¢**



Yellowbird
HOT SAUCE

Habanero • Serrano
Jalapeño • Sriracha

\$4.99

9.8 oz | **Save \$3.50**



Poppi
PREBIOTIC SODA

Your Choice

\$1.79

12 fl oz | **Save \$1.20**



Siete
SALSAS
Mild • Spicy • Cremosa

\$3.99

10.5 oz | **Save \$2.50**



R.W. Knudsen
RECHARGE
SPORTS BEVERAGE

Orange • Organic Lemon •
Organic Berry • Grape

\$2.49

32 fl oz | **Save \$1.50**



Chicas
TORTILLA CHIPS
Sea Salt • Blue Corn • Lime

2 FOR \$5

10-11 oz | **Save \$2.49/ea**



Amy's
ORGANIC
REFRIED BEANS
Traditional • Low Salt
Black • Mild Green Chile

\$3.49

15.4 oz | **Save \$1.30**

BULK DEPARTMENT DEALS

Hummingbird
**ORGANIC
POPCORN**

Yellow · White
Multicolored

\$1.99/LB

Save 50¢/lb



Hummingbird
**LOCAL ORGANIC
TIBETAN BLACK
HULLESS BARLEY**

Close to Home!

\$2.79/LB

Save 70¢/lb

Good Food
Awards winner



Café Mam
**LOCALLY ROASTED ORGANIC
FAIR TRADE COFFEE**

Your Choice of Regular Varieties

\$11.99/LB

Save \$4/lb



Close to Home!



Mam

ORGANIC CHIA SEEDS

\$4.49/LB

Save \$1/lb



Hummingbird
ORGANIC BLACK BEANS

\$2.49/LB

Save 80¢/lb



Hummingbird
**ORGANIC GREAT
NORTHERN BEANS**

\$2.99/LB

Save 80¢/lb



**ORGANIC SPINACH
MACARONI**

\$5.49/LB

Save \$1.30/lb



**ORGANIC ROLLED
KAMUT FLAKES**

\$3.49/LB

Save 80¢/lb



Big Tree Farms
**ORGANIC
COCONUT SUGAR**

\$4.49/LB

Save \$1.50/lb



Hummingbird
LOCAL HONEY

Blackberry · Wildflower
Meadowfoam

\$9.49/LB

Save \$2/lb

Close to Home!



PLANTAIN CHIPS
with sea salt

\$9.49/LB

Save \$2.50/lb



**ORGANIC
FLAXSEED
PROTEIN
POWDER**

\$6.99/LB

Save \$2/lb



Over 1000 items on SALE! · 4/29-5/12

HOUSEHOLD SAVINGS



Compostic
**COMPOSTABLE
SANDWICH BAGS**

\$2.99

20 bags | **Save \$3**



Compostic
**COMPOSTABLE
KITCHEN BAGS**

13 gallon

\$2.99

12 bags | **Save \$3**



ECOS
**HOUSEHOLD
CLEANERS**

All Purpose • Window
Toilet Bowl

\$3.49

22-24 fl oz | **Save \$2.50**



Primal Kitchen
COLLAGEN PEPTIDES

Unflavored

\$23.99

19.4 oz | **Save \$14**



Sunwarrior
ACTIVE CREATINE

Unflavored

\$23.99

10.58 oz | **Save \$6**



Sunwarrior
**WARRIOR BLEND
PROTEIN**

Unflavored • Chocolate

\$23.99

13.2 oz | **Save \$6**



Simply Tera's
PURE WHEY PROTEIN

rGBH-Free Vanilla

\$17.99

12 oz | **Save \$6**



Pressed Juicery
JUICE SHOTS

Wellness Ginger
Vitality Turmeric

\$1.79

2 fl oz | **Save \$1.70**

Over 1000 items on SALE! • 4/29-5/12



Host Defense
MYCOBOTANICALS
Brain • Liver • Blood Sugar
Stress Decompress

\$20.99

60 vcap | **Save \$9**



Nordic Naturals
ULTIMATE OMEGA
Plant-Based EPA & DHA

\$36.99

60 sg | **Save \$11**



Jarrow
MAG•MIND
PRODUCTIVITY

\$31.99

60 vcap | **Save \$10**



Natural Stacks
BRAIN FOOD
Dopamine • Acetylcholine
GABA • Serotonin

\$28.99

60 vcap | **Save \$10**

**ALL NATURAL
STACKS
ON SALE**

**OREGON'S WILD
HARVEST**

ALLER-AID
\$23.99
90 cap | **Save \$9**

**ALL OREGON'S
WILD HARVEST
ON SALE**

Close to Home!



MicroJoy
**FUNCTIONAL
MUSHROOM GUMMIES**

Motivate • Concentrate
Hibernate • Elevate

\$5.99

5 gummies | **Save \$2**

**ALL MICROJOY
ON SALE**



Natural Factors
WELL•BET•X
BERBERINE

\$28.99

120 vcap | **Save \$8**

**MICKELBERRY
GARDENS**

**POLLEN
HONEY TONIC**
\$18.99
8 fl oz | **Save \$5**

Close to Home!

LifeSource

natural foods
BRAND SUPPLEMENTS



CHEWABLE CALCIUM

Citrus Flavor

\$9.99

60 tab | Save \$3



ADVANCED IRON COMPLEX

\$10.99

60 tab | Save \$3



ZINC PICOLINATE

30 mg

\$11.49

100 cap | Save \$3



MAGNESIUM GLYCINATE

\$15.99

90 vcap | Save \$4



Zhou HAIRFLUENCE

\$19.99

60 vcap | Save \$10



HIGH
POTENCY

Vital Planet VITAL FLORA 60/60 PROBIOTIC

Women's • Women's 55+
Refrigerated or Shelf Stable

\$37.49

30 ct | Save \$9.50



Garden of Life ONCE DAILY DR. FORMULATED PROBIOTICS

Women's • Men's

\$26.99

30 vcap | Save \$11



Biosil ADVANCED COLLAGEN GENERATOR DROPS

\$29.99

1 fl oz | Save \$17

ALL BIOSIL
ON SALE



Renew Life PARASMART

15-Day Program

\$29.99

1 kit | Save \$8

ANCIENT NUTRITION

We've officially raised the bar for animal-based protein. Multi Protein Animal-Based is a science-backed formula designed to support your muscles, joints and gut health. Each scoop delivers 26g of complete protein from five functional sources: grass-fed whey, bone broth, A2/A2 milk protein, collagen peptides, and grass-fed colostrum. Together, they provide all 9 essential amino acids, and collagen peptides to fuel muscle health, improve recovery, and support more comfortable joints.

Plus, we've added a Protein Digestion[†] Blend of the enzyme protease and clinically studied *Bacillus coagulans*, a probiotic shown to reduce bloating and gas and improve gut health. This combination helps break protein down into smaller peptides for more efficient digestion and a lighter, less bloated post-shake feeling.

The best part? It actually tastes great. This isn't your average animal-based protein — there's no chalky texture or grittiness. Just a smooth, delicious shake that's designed to help you feel strong, recover faster, and stay consistent.

Whether you're lifting heavy, training hard, or looking for an all-in-one protein that supports more than just your muscles, Multi Protein Animal-Based is your new daily go-to.



ANIMAL-BASED MULTI PROTEIN +5G CREATINE

Vanilla • Chocolate

\$46.99

21-22 oz | **Save \$23**

NEW!

[†]These statements have not been reviewed by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease

Wellness • On Sale 4/29–5/26

PLANT•FUSION



CLEAR PLANT PROTEIN

Pineapple Coconut
Tropical Punch

\$44.99

10.2-10.6 oz | Save \$12

ALL
PLANT•FUSION
ON SALE



Quantum Health BUZZ AWAY EXTREME

Mosquito & Tick Repellent

\$8.99

4 fl oz | Save \$4



Weleda SKINFOOD

Original Ultra-Rich Cream

\$15.99

2.5 fl oz | Save \$6



Radius ORGANIC TOOTHPASTE

Clove Cardamom
Mint Aloe Neem

\$8.99

3 oz | Save \$4

VITANICA



WOMEN'S SYMMETRY MULTIVITAMIN

\$21.99

90 vcap | Save \$6

Close to
Home!

ALL
VITANICA
ON SALE



Sovereign Silver FIRST AID RELIEF GEL

\$12.99

1 fl oz | Save \$8



EO LAVENDER HAND SANITIZER

Spray • Wipes

\$2.99

2 fl oz or 10 ct | Save \$1.80

Wellness • On Sale 4/29-5/26



Badger
MINERAL SUNSCREEN

Kids • Baby • Sport • Active
Adventure

\$12.99

2.9 oz | **Save \$6**



Derma•E
VITAMIN E SKIN OIL

14,000 IU

\$11.99

2 fl oz | **Save \$3.50**



Life-Flo
MAGNESIUM OIL

\$4.99

2 fl oz | **Save \$1.50**



Koope
MOISTURIZER

Lightweight • Middleweight
Heavyweight

\$17.99

1.69 fl oz | **Save \$5**

NEW!



Inesscents
**CBD BATH SOAKS,
SALTS & FIZZES**

\$7.99

3.5-4 oz | **Save \$2**

WILD CARROT



**BORAGE BUTTER
FACE CREAM**

\$16.99

2 fl oz | **Save \$7**

**ALL
WILD CARROT
ON SALE**



Pranarôm
**ORGANIC
CASTOR OIL**

\$4.49

2 fl oz | **Save \$2.50**



Aura Cacia
**LAVENDER
ESSENTIAL OIL**

\$7.99

0.5 fl oz | **Save \$6**

Over 1000 items on SALE! • 4/29-5/26

HERITAGE STORE



Heritage Store was founded in 1969 with a simple belief: when we care for the body, mind, and spirit together, true wellness follows. What began as a small metaphysical shop rooted in positive energy has grown into a trusted wellness brand known for clean, intentional products that support everyday rituals of self care.

From our iconic Rosewater to our castor oils and Aura Glow collections, Heritage Store products are thoughtfully formulated using minimal ingredients and time honored traditions. We proudly incorporate ethically sourced botanicals and our signature Vor Mag™ Water, energized through a unique vortexing and magnetization process.

At Heritage Store, wellness is more than a routine-it's a way of life. Our products are designed to help customers slow down, reconnect, and nurture themselves and their loved ones. This Mother's Day, we celebrate the rituals that restore balance, encourage intention, and honor the care we give-both to ourselves and to those who matter most.



ROSE WATER MIST

\$8.49

8 fl oz | Save \$3



ORGANIC CASTOR OIL

\$13.99

16 fl oz | Save \$6

